

AIR GUARDIAN

176th Wing • Alaska Air National Guard

Super CERE Sunday

Kulis tackles combat exercise Phoenix Awakening



Maj. Karen Peterson and Capt. Candis Olmstead demonstrate the buddy system in full protective battle gear.

During February's UTA, the 176th Wing greatly enhanced employment readiness while preparing for June's Operational Readiness Inspection. Overall objectives included base recovery and mission sustainment, establishing an ability to survive and operate benchmark, and the generation of aircraft to meet higher headquarters needs. Overall, the wing was rated satisfactory in mission effectiveness.

Many exceptional performers were singled out during the exercise, including the always outstanding MPF commanded by Maj. Marie Wauters.



Master Sgt. Iscah Miles helms the Base Operations Unit Control Center. She is shown here reporting operational status to the Survival Recovery Center after an attack.



(left) Lt. Col. David Montague preparing for the invasion in MOPP 2 gear.



(above) 176 CES Commander Lt. Col. Mamrol dons his MOPP 4 ensemble after alarm condition black is sounded over the giant voice.

(above center) A flightline vehicle is shrouded in plastic, protected from airborne contaminants.

(left) Brig. Gen. Ramsay, 176th Wing Commander, takes cover while Kulis endures an attack.

Transformation Flight Plan

Roadmap to the Air Guard's future

Secretary of the Air Force, Directorate of Public Affairs

Air Staff officials released the Transformation Flight Plan in February, spelling out the future direction of the Air Force.

The TFP, a 176-page document, can be accessed through a link on the Air Force's Internet home page at www.af.mil or on the Office of Force Transformation Web site at www.oft.osd.mil.

"Transformation is using new things and old things in new ways, and achieving truly transformational effects for the joint warfighter," said Lt. Gen. Duncan McNabb, Air Force director of plans and programs.

In conjunction with joint partners, the Air Force is transforming by making capabilities-based changes in its operational concepts, organizational structures and/or technologies to expand the

nation's military capabilities, the general said.

"The flight plan digs down into each of these areas in some detail, then links them all together to present a clear picture of where our Air Force is going in support of combatant com-

"The National Guard is committed to transformation. We will aggressively work with the Army and Air Force to integrate with their transformation plans. Simultaneously, we will transform the Guard into a more joint and effective organization from top to bottom to meet the needs of our elected and uniformed State and Federal leaders." source: National Guard Bureau

manders," McNabb said.

Since the flight plan is a "living document," officials plan to update it annually. This version is the second, superseding the one published in May 2002.

The plan will help Air Force people gain a perspective on the kind of skill sets and abilities they need to develop

to help the service achieve its transformational goals.

"The flight plan can help all airmen, as well as our civilian members, understand where we are going and where the Air Force leadership believes emphasis must be placed in the future," said Lt. Col.

James McCaw, from the plans and programs directorate's transformation branch. "It is the one unclassified document that presents an overarching picture of Air Force transformation. It will help the reader understand where the Air Force is going, and why we chose this path."

The genesis for the Air Force's TFP is direction from DOD's Transformation Planning Guidance. The flight plan is a reporting document that enables the Secretary of Defense to evaluate and interpret the Air Force's progress toward transformation.

Corrections

In the January '04 Air Guardian, Senior Master Sgt. Gerald "Santa Mac" McAleavey was inadvertently demoted to Master Sgt. Our apologies to the big jolly guy.

In the February '04 Air Guardian, Master Sgt. Joedy Wake was identified by the female pronoun. Wake, also known as *Mister* Wake took his gender reassignment in good humor. We apologize for the error and reaffirm his manliness.

Kudos to Chief Master Sgt. Robert Brown for detecting discrepancies in the February '04 story, "History of the Kulis Thunder Pig." Apparently the C-123J static aircraft never participated in "Operation Ranch Hand," despite reports to the contrary. A revised version of its history will be published in the April '04 Air Guardian, with the continuation of the static aircraft display history series. Anyone having facts regarding the display should contact *Air Guardian* staff.

Do you have news to share?

We welcome articles and captioned photos relevant to members of the 176th Wing. Submissions must be accurate in fact, and will be edited for clarity and length. Articles will be published as space permits. Submissions are due on Sunday of the UTA prior to the month the article will be published.

Submit articles as Microsoft Word attachments via e-mail. Photographs must be 300 dpi TIF or JPG images, also submitted as attachments via e-mail. Please send to both:

candis.olmstead@akanch.ang.af.mil

kathryn.baines@akanch.ang.af.mil

We may be contacted at (907) 249-1352. The office is manned with Traditional Guardsmen, so please leave a message.

The **AIR GUARDIAN** is the official newsletter of the 176th Wing, Alaska Air National Guard. It is published monthly by members of the wing's public affairs office. Views expressed may not be those of the U.S. Air Force, Air National Guard, Department of Defense or U.S. Government.

WING COMMANDER
Brig. Gen. Gene Ramsay

PUBLIC AFFAIRS STAFF
Capt. Candis Olmstead
Staff Sgt. Kathryn Baines
Senior Airman John Callahan
Senior Airman Kimberly Glasco

MULTIMEDIA STAFF
Senior Master Sgt. Paul Charron
Master Sgt. Michael Blume
Tech. Sgt. Nanette Martinez
Staff Sgt. Shannon Oleson
Staff Sgt. Alan Swircenski
Staff Sgt. Asia Gile
Senior Airman Kitty Greene

Hot health care news



Increased Tricare benefits for Guardsmen and their families

The Department of Defense has implemented the "2004 Temporary Reserve Health Benefit Program" for eligible Guardsmen and their family members.

The Program includes three temporary Tricare benefit provisions; some effective as of Nov. 6, 2003. All temporary benefits expire Dec. 31, this year.

The first provision authorizes Tricare medical and dental coverage for Guard members activated for more than 30-days. The coverage also applies to their family members. Eligibility begins either on the day the sponsor receives delayed-effective date active duty orders or 90-days prior to the date the active duty period begins, whichever is later.

A second provision extends eligibility for Tricare benefits to 180-days under the Transitional Assistance Management Program for Guardsmen who separate from active duty status during the period Nov. 6, 2003 through Dec. 31, 2004, and their eli-

gible family members.

The third provision extends Tricare medical benefits to Guardsmen and their family members who are either unemployed or not eligible for employer-provided health coverage.

Also included in the program are three permanent health benefits provisions which include: benefit counselors for Guard members in each Tricare region; authorization for medical and dental screening and care for members alerted for mobilization; and Tricare eligibility for Guard officers pending orders to active duty following commissioning.

Additional information is available on the Tricare Web site at www.tricare.osd.mil and at the Reserve Affairs Website at www.defenselink.mil/ra.

Each Tricare region will soon have a designated coordinator available to assist members and their families with understanding and using their enhanced Tricare benefits.

Extended transitional health care benefits

Under the 2004 Temporary Reserve Health Benefit Program, the receipt of transitional health care benefits is extended from 60 or 120 days to 180 days for eligible beneficiaries. Guidance will be issued from OSD detailing the new provisions and providing implementing instructions. DEERS will be modified to reflect extended transitional health care benefits. The extension to 180 days is applicable to all persons eligible for the transitional benefit — this includes reservists being deactivated after contingency call-up, other involuntary separations, and separations following retention in support of contingency mission. Extensions are effective for persons deactivated or separated on or after Nov. 6, 2003 and are to be implemented as soon as DEERS can be modified. While DEERS modifications are being made, members and their dependents will already be receiving these benefits under their previous 60 or 120 day benefit.

Fit 2 Fight

Are you ready for the new Air Force fitness program?

By Senior Airman John J. Carmen
176th Services Flight

Air National Guard fitness standards have evolved once more, into an aptly named incentive program, "Fit to Fight." This well-rounded program is a back to basics plan designed to develop agility, strength and endurance. The physical criteria examined includes a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and overall body composition. Points are awarded based on per-

formance in those four areas. The total number of points earned on the fitness test will place airmen into one of four categories: 90 or greater is excellent, and less than 70 is poor.

Aiding in the pursuit of good health, the Elmendorf Fitness Center has added the Fitlinxx tracking system which enables users to enter a PIN into fitness equipment and track their progress. Fitlinxx has a website, which also tracks workout progress and provides workout tips and nutri-

tion information. You can access that site at www.fitlinxx.com.

Fitness in the military is necessary to complete our mission, both in war and peace. To enroll into Fitlinxx, please contact the author at 249-1374 or john.carmen@akanch.ang.af.mil.



Promotions

Major

Cindra Bobby	176 MDS
Scot Milani	210 RQS
Kay Spear-Budd	176 CF

Captain

Brian Kile	210 RQS
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Senior Master Sergeant

Steven Calvin	176 ACS
John Loomis	210 RQS
Iscah Miles	176 OSF
Clifton Snapp	176 ACS

Master Sergeant

Stephanie Skinner	176 LRS
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Technical Sergeant

Martin Bellerive	176 WG
Nance Pitts	176 ACS
Benjamin Walker	210 RQS

Staff Sergeant

Stacey Browning	176 ACS
Cirena Colvin	176 SFS

Senior Airman

Renee Dixon	210 RQS
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Jonathon Lewis	176 CES
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Airman First Class

Charlotte Duncan	206 CBCS
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Airman

Nina Kolyvanova	176 OSF
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Top Graduates

Outstanding CDC scores

90% and above

MSgt Joseph Dibenedetto	176 ACS
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Awards and Decorations

Legion of Merit

Col Terry Graybeal	Retired
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Meritorious Service Medal

Lt Col Ronald Parkhouse	210 RQS
SMSgt Theodore Poplarchik	144 AS
Maj William Allen	144 AS

TSgt Ashley Hill	176 MSF
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Air Force Commendation

MSgt Todd Davis	176 CFS
MSgt Jeffrey Jones	206 CBCS
SSgt Joseph Barrow	176 APF

Air Force Achievement

Maj John Darnell	176 WG
SMsgt Patricia Cordell	176 CF
SMSgt Rayanne Zellner	176 MSF
MSgt Umberto Belluomini	176 CF
MSgt Lisa Coker	176 MSF
MSgt Milton Cornelius	176 CF
MSgt Rodney Crews	176 CF
MSgt Julie Harvey	176 MSF
MSgt Dean Kalbfleisch	176 CF
MSgt Barron McClain	176 CF
MSgt Nadine Millen	176 MSF
TSgt James Assenmacher	176 CF
SSgt Scott LeFebvre	176 CF
SSgt Kevin Slayden	176 CF
SSgt Noel Sukhrum	176 CF
SSgt Clinton Walker	176 CF
SrA Scott Bralley	176 CF
SrA Johnathan Diel	176 CF
SrA Andrew Duren	176 CF
SrA Orelvis Ibarra	176 CF

210th Rescue Squadron Vacancies

The 210 RQS presently has traditional openings for Guardsmen interested in becoming enlisted aircrew members flying the HC-130 and HH-60 aircraft. Join America's number one rescue team and enjoy a rewarding experience.

POC's:

HC-130 Engineers: Chief Master Sgt. Bruce Erb, 249-1607

HC-130 Loadmasters: Chief Master Sgt. Van Grainge, 249-1623

HC-130 Radio operators: Chief Master Sgt. Bob McNeil, 249-1705

HH-60 Engineers/Gunners: Chief Master Sgt. John Silsbee, 249-1550



Retirement Celebrations

A retirement ceremony will be held for Chief Master Sgt. William "Jake" Jacobson on Sunday, Mar. 7 at 3:00 p.m. in Hobbs Hall. A reception will follow at the Spot 13 Club.

A retirement ceremony will be held for Master Sgt. Gary Bivins on Mar. 6 at 10:30 a.m. in the vehicle management building. A burger feed will follow in the motor pool for \$5.00 per person.



The Chief's Creed

Chief Master Sergeants are individually to be regarded as people ...



who cannot be bought;
whose word is their bond;
who put character above wealth;
who possess opinions and a will;
who are larger than their vocations;
who will not lose their individuality in a crowd;
who do not hesitate to take chances;
who will be as honest in small things as in great ones;
who will make no compromise with wrong;
whose ambitions are not confined to their own selfish desires and interests;
who will not say they do it "because everybody else does it";
who are true to their friends through good report and evil report, in adversity as well as prosperity;

UTA rotator ride tips

By Staff Sgt. Johnathan Tucker
176th Aerial Port Flight

Hello All! Many of you who live out of town may be familiar with the UTA rotator missions that come in on Fridays and leave on Sundays. At the same time, you may also be familiar with the occasional unreliability of the printed schedules.

The schedules can change! Unfortunately problems such as the weather, aircraft maintenance, differing UTA weekends between Eielson and Kulis, and mission requirements arise causing the schedule to end up going out the window. Therefore, it is very important to keep in touch with the Kulis or Eielson passenger terminal if you wish to fly on the rotator.

It is also important to reserve your seats ahead of time! If you wish to fly out on the UTA rotator you must contact either Eielson or Kulis no later than the Thursday prior to the UTA. If you don't, there is a chance that the aircraft may not even stop at your location.

Keep in touch with Eielson's or Kulis' terminal! Keep in touch with the terminal at the base you are flying out of during the UTA weekend to keep up on any changes to flight times and places. If you have any questions call one of the numbers in the blue box above and we will do what we can for you.

Kulis

Passenger Terminal: 907-249-1475
Command Post: 1-800-645-5340

Eielson

168 ARW OCC: 907-377-8800
or 1-800-377-5663

What's for lunch?

Saturday

Sweet-n-sour pork
Mongolian beef
Fried & sticky rice
Stir fry vegetables
Fried zucchini
Egg drop soup
Various desserts
Salad bar

Sunday

Corned beef & cabbage
Herb baked chicken
Alfredo noodles
Scalloped potatoes
Mixed vegetables
Steamed spinach
Navy bean & ham soup
Various desserts
Salad bar

Reduce identity theft

Over the next several weeks, DFAS will drop the first five digits of your social security number from all pay statements and checks to guard against identity theft. This change will affect all hard copy leave and earning statements, but will not apply to electronic copies of statements found on myPay.



Youth soccer coaches needed

Assistant coaches are currently needed for youth indoor soccer, to train the five to 12 year-old set. To volunteer, call 552-2266 or stop by the Elmendorf Youth Center for more information.



You should Know...

New militay tax laws

President Bush signed into law the Military Family Tax Relief Act of 2003 with retroactive provisions making it beneficial for some soldiers to file amended returns on form 1040X. The new tax law adds deductions for some reservists, expands the definition of combat zone, and provides income exclusions for certain home sales. It also increases survivors death benefits to a tax-exempt \$12,000. The changes are effective for deaths occurring after Sept. 10, 2001. For more information, visit the military.com website. To learn more about the Military Family Tax Relief Act, see the website, vote.military.com

Free TurboTax on the web

Intuit® Inc. is sponsoring the Intuit Tax Freedom ProjectSM, donating TurboTax® for the WebSM services to individuals and families who during calendar year 2003 served on active duty. Access this free service at www.taxfreedom.com



Duty Calls

Upcoming UTA dates

Month:	UTA:	Pay date:
March	6-7	15th
April	15-18	28th
May	15-16	26th



On Wednesday, Apr. 7th at 8:00 p.m., Mr. Whitekey's Fly By Night Club is presenting a special show of *Springtime in Spenard* to benefit the Armed Services YMCA of Alaska. The fundraiser will provide needed support for Alaska's junior enlisted personnel.

See the world's only freedom poodle while donating to a worthy cause. The show, priced at \$20 will be a smoke free event. Tickets can be purchased from the ASYMCA by calling 552-9622. After purchase, contact the Fly By Night at 279-SPAM to confirm your reservation and make sure you mention you're with the ASYMCA fundraiser.



ARMED SERVICES YMCA OF ALASKA

Vacancies

Alaska Air National Guard job website

To view current openings for the Alaska Air Guard, please visit the following websites:

<https://55.1.6.189/hroEmployment.htm>

or

<http://www.akang.af.mil>
click on the link AKANG Jobs

One of these things is not like the other...

Technical Sgt. Brian Johnson, 176th Logistics Readiness Squadron special purpose vehicle mechanic, posed an unusual sight as he cleared the runway of blowing snow while in his desert cammies. Johnson, who spent time in PSAB and Kuwait City, was geared up for January 10th's Wing Appreciation Gathering.



Staff Sgt. Kathryn Baines

Fuel Your Future Who do you know?

The 176th Wing needs your help filling over 200 unit vacancies!

- We have a 90% success rate enlisting referrals from Guard members!
- Without your referrals, our recruiters process 30 packages for one successful enlistment.

Who do you know that will enjoy the education, benefits, and pride of serving our state and nation?

Recruiters: 249-1282
or 800-642-6228



176th Wing Kulis Air National Guard Base

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